

Welcome to the 2013 Rockville Rays Summer Swim Team!

This summer, the Rockville Rays will be competing in Division A of the Montgomery County Swim League along with Darnestown, Bethesda, Stonegate, Tilden Woods and Upper County. **Faye Hixenbaugh** will be returning as our Head Coach with **Jessica Chen** returning as our Assistant Head Coach

Rockville Rays swim meets are divided into two types: A meets and B meets. Based on fastest season times, a limited number of swimmers will qualify to swim in A meets, which take place on Saturday mornings. Those who do not qualify will have the opportunity to compete in B meets on Wednesday evenings. Every swimmer will have the chance to compete in at least one meet each week. In addition to A and B meets, swimmers may compete in/qualify for various competitions throughout the summer, including Relay Carnival, Coach's Long Course Invitational, and All Stars.

The Rays also have Friday sundeck team parties and other fun social events that swimmers and families can participate in. Please check the 2013 Rays Team Calendar (www.rockvillerrays.us) for dates and times of swim team meets and events.

Every family on the team is a member of the Rockville Rays Parents Association, which exists to support the swim program. The success of the summer swim team is dependent upon having active family participation. There are many ways and opportunities to volunteer (help at swim meets, help with our Friday parties and other social events, banquets, newsletters, etc) so we ask that all families be willing to do their part and help the team when needed. The Parents Association also staffs a snack bar during several big swim meets this summer (Long Course, and All-Stars), so we need Rays parents to volunteer at these meets. The revenue generated from these activities helps support the Rays and keeps our registration fees significantly low compared to other pools.

Most of our team communication, swim meet sign-ups, and parent volunteer sign-ups are now being done on-line. **To get team emails and information, and to have access to all online sign up forms, Rockville Rays members need to sign up for the Rockville Rays Google group.** To be part of the Rays Google group, you need to go our website (www.rockvillerrays.us) and enter your email address in the space provided on the upper right hand side of the page where it says "Subscribe to Rockville Rays." After you enter your email, click the subscribe button underneath. Once we get your request, we will add you to the Rays Google Group. *Note: you do not need to have a Gmail email to be part of the Rays Google group.

In addition to registering at the swim center and paying the required fees, you need to "register" on the Rockville Rays website (www.rockvillerrays.us) by clicking the link in the middle of the page that says "Membership/Sign Up Center." **It is very important for all families to fill out the membership form on the website so the team can have important family and parent information (phone#s, cell#s, email, etc).** After you register at the pool, please take a minute to do so at the Rays Membership/Sign-up Center on the website.

Two fees are required to complete your registration - one goes to the Rockville Rays Parents Association (\$35 per family by check) to pay for team awards and other expenses, and one to the City of Rockville. The City of Rockville registration fee is \$195 per swimmer (swim center members) or \$255 per swimmer (non-swim

center member). Swimmers who enroll in both the Spring/Summer RMSC program and the Rays will receive a discount of \$115 for members or \$150 for non-members. Swimmers that register at the Swim Center and pay their dues before May 15, 2013, will be eligible for a free Rays swim cap.

Rays swim practice starts Tuesday, May 28th, in the South Pool (inside the Rockville Swim Center). From May 28th – June 14th, swim team practice will be from 4pm – 5:30pm (Mon – Fri).

On Monday June 17th, swim team practice will change to 5pm-6pm (10 and unders) and 6pm–7pm (11 and older) Mon, Tues, and Thurs. Friday practices will be 5pm-6pm (for all swimmers) so our Friday parties can start at 6pm. Starting June 17th, all swimmers must use the outdoor entrance and outdoor shower facilities when coming to or leaving practice.

The Rays team swim suits this year will be the TYR Asteroid (blue). Boy's (jammer) suit cost \$38 + tax, the Boy's (brief) \$31 + tax and the Girl's suit (diamond fit) \$60 + tax. Team suits are available for purchase from Aardvark Swim and Sport in Rockville (301-309-3660). Call before you go to make sure they have the size(s) you need.

VERY IMPORTANT DATES!! Our first Friday Party is on Friday June 7th at 6pm. We will have a potluck meal, followed by a parent orientation meeting at 7pm. We strongly encourage all parents (new and returning) to come to the orientation meeting.

On Saturday, June 8th, at 8am, we have our first swim event of the season, Time Trials. This is a “meet” for ALL swimmers and is used by the coaches to evaluate the team and see which swimmers will qualify for the first A meet. Since only Rays swimmers can participate in Time Trials, we will need all parents to be available to help run the meet. Please note that **only** the swimmers who have registered and paid their fees can participate in the Time Trials.

If you have any questions, please feel free to contact George Karayianis via email at gkarayianis@gmail.com or phone 240-400-3346.

We look forward to a great summer and to seeing everybody on Friday June 7th for our party and parent orientation meeting!

ROCKVILLE RAYS

2013 CALENDAR

Officials Clinics:

Tues. May 28 7:00pm	MCSL Advanced Referee Clinic (for currently certified referees AND S&T judges)	Olney Swim Center
Sun. Jun 2 8:00am	MCSL Officials Clinic (Ref. S&T, Starter)	Olney Swim Center
Mon. Jun 3 6:00pm	MCSL Officials Clinic (Ref. S&T, Starter)	Georgetown Prep (Hanley Center Multipurpose Room)
Sun. Jun 9 8:00am	MCSL Officials Clinic (Ref. S&T, Starter)	Olney Swim Center
Tues. Jun 18 7:00pm	MCSL Officials Clinic (S&T only)	Germantown Indoor Swim Center

Practices/Meets:

Tues May 28	Practice Begins and Registration Due (May 28th – Jun 14th) Mon – Fri 4pm-5:30pm	South Pool
Fri Jun 7 6:00 pm	Rays Party and Parent Orientation Meeting	Outdoor Sundeck
Sat Jun 8 8:00 am	Rays Time Trials	Rockville Fitness Pool
Fri Jun 14 6:00 pm	Rays Party	Outdoor Sundeck
Sat Jun 15 9:00 am	A Meet: Rays vs. Tilden Woods	Rockville Fitness Pool
Mon Jun 17	Summer Practice Schedule (Mon, Tues, Thurs) 5pm-7pm, Fri 5pm-6pm	South Pool
Wed Jun 19 6:00 pm	B Meet: Rays vs. Merrimack Park	Merrimack Park Pool
Fri Jun 21 6:00 pm	Rays Party	Outdoor Sundeck
Sat Jun 22 9:00 am	A Meet: Rays vs. Stonegate	Stonegate Pool
Wed Jun 26	B Meet	TBD
Fri Jun 28 6:00 pm	Rays Party	Outdoor Sundeck
Sat Jun 29 9:00 am	A Meet: Rays vs. Bethesda	Rockville Fitness Pool
Wed Jul 3 5:30 pm	B Meet: Rays vs. Wildwood Manor	Wildwood Manor Pool
Fri Jul 5 6:00 pm	Rays Party	Outdoor Sundeck
Sat Jul 6 9:00 am	A Meet: Rays vs. Darenstown	Darenstown Pool
	A RELAY CARNIVAL	TBD
Tues Jul 9	Coaches Long Course Invitational	Rockville Fitness Pool

ROCKVILLE RAYS

2013 CALENDAR

Practices/Meets (continued):

Wed Jul 10 6:00 pm	B Meet: Rays vs. Bethesda	Bethesda Pool
Fri Jul 12 6:00 pm	Rays Party	Outdoor Sundeck
Sat Jul 13 9:00 am	A Meet: Rays vs. Upper County	Rockville Fitness Pool
	B Relay Carnival	TBD
Wed Jul 17 6:00 pm	B Meet:	TBD
Fri Jul 19 6:00 pm	Rays Party	Outdoor Sundeck
Sat Jul 20 8:00 am	A Divisional Championship Meet	TBD
Sat Jul 27	MCSL All-Star Relays	Rockville Fitness Pool
Sun Jul 28	MCSL Individual All-Stars	Rockville Fitness Pool
Sun Jul 28	Rays Team Banquet	TBD

2013 ROCKVILLE RAYS FAMILY & SWIMMER REGISTRATION

The **REGISTRATION FEE** is \$35.00 per family. This fee covers the MCSL team dues, team newsletter, coaches' gifts, and other incidentals. This fee is payable by **check only** to "**ROCKVILLE RAYS PARENTS ASSOCIATION**". For the swimmers registered by May 15, 2013, you'll get a free Rays swimming cap.

The **PROGRAM FEES** may be paid by cash, check (payable to **City of Rockville**) or credit card at the Swim Center Front Desk. Fees are \$195.00 for Swim Center members, \$255.00 for non-members.

Please visit the Rays website (www.rockvillerrays.us) to complete the Team Membership Form.

PARENTS' NAMES

Last First MI.

Last First MI.

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

Home Ph _____ Mother Work _____ Father Work _____

Mother Cell _____ Father Cell _____

Email (very important): _____

SWIMMERS:

LAST FIRST MI. DOB _____ M/F _____

LAST FIRST MI. DOB _____ M/F _____

LAST FIRST MI. DOB _____ M/F _____

LAST FIRST MI. DOB _____ M/F _____

Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

Signature of Participant/Guardian _____